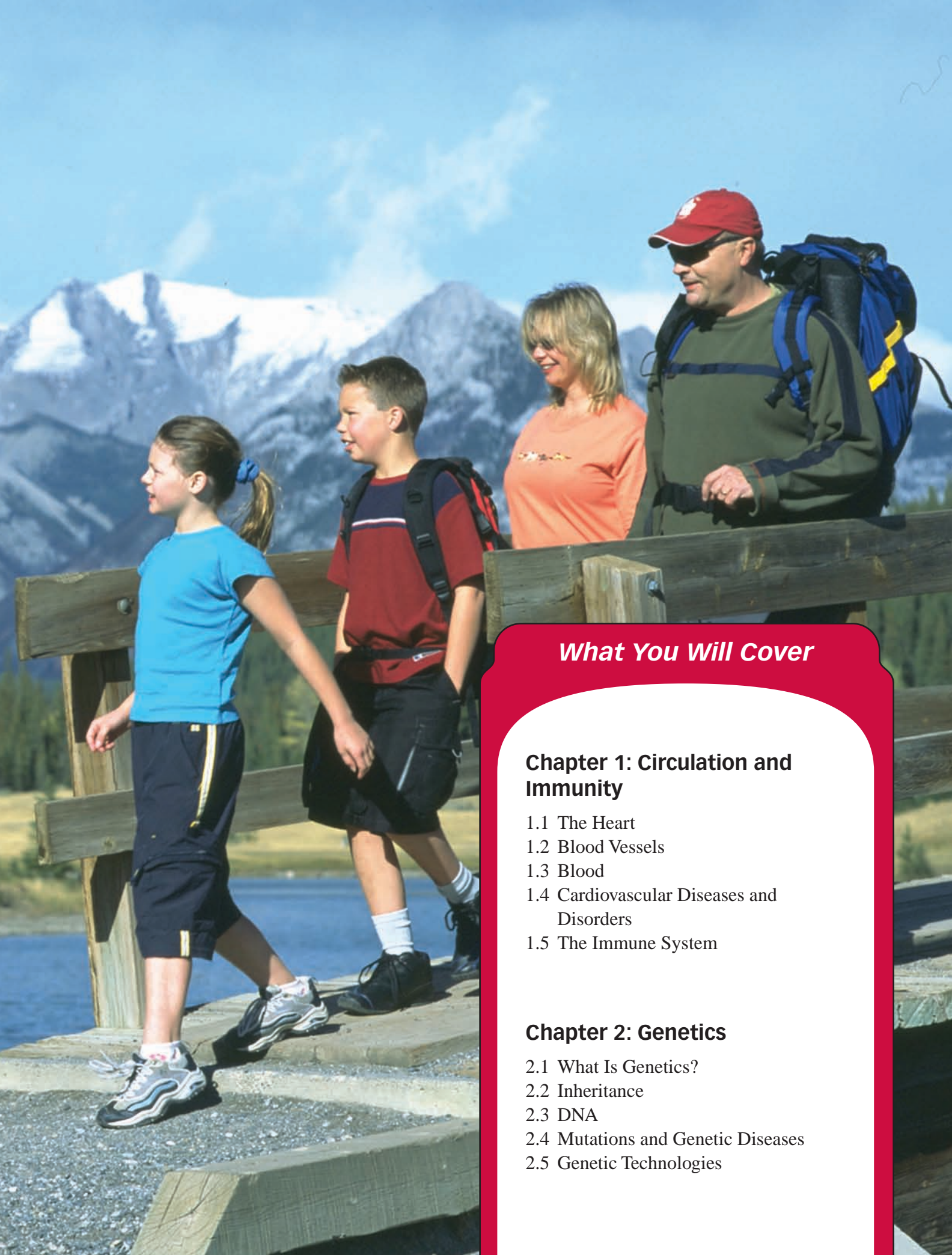


Unit A Maintaining Health

How would you spend a warm summer day in the mountains? For this family, hiking seemed like the best idea. Since the trail was not far from their campsite, they were able to start hiking by mid-morning.

The family in the photo enjoys these sorts of activities, and they look forward to many more years together of this kind of exploring. Their passion for hiking is just one of the many characteristics that they share: they all seem to enjoy high levels of fitness; they rarely get colds or the flu; and the children are frequently told that they strongly resemble each other and their parents. Which of these characteristics relate to lifestyle choices? Which ones are inherited? When you think about your own health and the characteristics that you share with your family members, which traits are due to the choices your family makes regarding diet and exercise, and which ones are inherited?

In this unit you will examine how the circulatory and immune systems work together to keep you healthy. You will study the major components of these two systems and consider factors that can affect how they function. In the second part of Unit A, you will look at the major principles of genetics and use these concepts to explain how some traits can be passed on from one generation to the next. Throughout the unit you will investigate and evaluate technologies used to explore, maintain, repair, and assist our bodies.



What You Will Cover

Chapter 1: Circulation and Immunity

- 1.1 The Heart
- 1.2 Blood Vessels
- 1.3 Blood
- 1.4 Cardiovascular Diseases and Disorders
- 1.5 The Immune System

Chapter 2: Genetics

- 2.1 What Is Genetics?
- 2.2 Inheritance
- 2.3 DNA
- 2.4 Mutations and Genetic Diseases
- 2.5 Genetic Technologies